SLEEPING!



It helps for the room to be at bedtime or nap time
Drinking warm is said to help make you sleepy
Not getting enough sleep can leave you in a bad
Sleeping at is usually a bad idea unless it's during lunch
Sleep is a term for interrupted breathing while sleeping
Some can help you sleep, but use them only as directed
Has counting to get sleepy ever really worked?
Working a night or evening can make sleeping especially difficult
Children sometimes want to hear a before going to sleep
If you're constantly you may need to review your sleep habits
If you lie in a strange position, your arm or leg may fall
Some are pleasant, but some intense ones can wake you up
Different types support those who sleep on their back, sides or belly
It may be hard to sleep if your partner
Avoid and intense situations before bedtime
The tryptophan in can make for a sleepy Thanksgiving
Using to relax you for sleep can actually affect your sleep quality
Some medical specialize in diagnosing sleep problems
Young need a nap during the day to recharge
These can help you tune out any nighttime noises
Regular can help your body rest when it's time to sleep
Your may need to be flipped over to avoid flat spots
Changing your while sleeping can help blood flow
Try to maintain a consistent sleep, even on weekends
Most teens and adults need an to wake them in the morning
Most people need of sleep; children and teens need more
Some people need the room to be cooler for sleeping
An all-day $\underline{}$ or preschool may include nap time in the daily schedule

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